

## CLAIMS

What I claim is:

1. A condiment-filled French fry comprising:  
an outer potato shell; and  
an interior condiment portion that is disposed within an interior portion of said French fry and that is at least substantially enclosed by said outer potato shell.
2. The condiment-filled French fry of Claim 1, wherein said interior condiment portion has been injected into said interior portion of said French fry through said outer potato shell.
3. The condiment-filled French fry of Claim 1, wherein said outer potato shell defines a condiment receiving hole through which said condiment portion has been injected into said interior portion of said French fry.
4. The condiment-filled French fry of Claim 3, wherein a maximum width of said hole is less than 0.1 inches.
5. The condiment-filled French fry of Claim 1, wherein said French fry is at least 10% filled with said condiment portion.
6. The condiment-filled French fry of Claim 5, wherein said interior condiment portion comprises ketchup.
7. The condiment-filled French fry of Claim 1, wherein said French fry is at least 20% filled with said condiment portion.

8. The condiment-filled French fry of Claim 1, wherein said French fry is at least 25% filled with said condiment portion.

9. The condiment-filled French fry of Claim 1, wherein:  
said interior condiment portion is a first interior condiment portion; and  
said French fry further comprises a second interior condiment portion, said second interior condiment portion being physically separated from said first interior condiment portion.

10. The condiment-filled French fry of Claim 9, wherein:  
said French fry defines a first interior chamber, and a second interior chamber that is remote from said first interior chamber; and  
said first interior condiment portion is disposed within said first interior chamber;  
and  
said second interior condiment portion is disposed within said second interior chamber.

11. The condiment-filled French fry of Claim 9, wherein:  
said first interior condiment portion comprises a first condiment; and  
said second interior condiment portion comprises a second condiment, said second condiment being different from said first condiment.

12. A condiment-filled French fry comprising:  
a French fry; and  
a condiment portion disposed within an interior portion of said French fry.
13. The condiment-filled French fry of Claim 12, wherein said interior condiment portion has been injected through an outer surface of said French fry.
14. The condiment-filled French fry of Claim 12, wherein said French fry is a cooked French fry.
15. The condiment-filled French fry of Claim 12, wherein said French fry is a French fry that has not been cooked.
16. The condiment-filled French fry of Claim 12, wherein said French fry is at least 10% filled by said condiment.
17. The condiment-filled French fry of Claim 16, wherein said condiment portion comprises ketchup.
18. The condiment-filled French fry of Claim 16, wherein said condiment comprises gravy.
19. The condiment-filled French fry of Claim 16, wherein said condiment comprises Ranch dressing.
20. The condiment-filled French fry of Claim 16, wherein said condiment comprises cheese sauce.
21. The condiment-filled French fry of Claim 16, wherein said condiment comprises barbeque sauce.

22. The condiment-filled French fry of Claim 16, wherein said condiment comprises hot sauce.

23. The condiment-filled French fry of Claim 16, wherein said condiment comprises hot sauce.

24. The condiment-filled French fry of Claim 12, wherein said French fry is at least 15% filled by said condiment.

25. The condiment-filled French fry of Claim 12, wherein said French fry is at least 20% filled by said condiment.

26. The condiment-filled French fry of Claim 12, wherein said French fry is at least 30% filled by said condiment.

27. A condiment-filled, potato-based food item comprising:  
an outer, potato-based shell; and  
a liquid condiment disposed within said outer shell, wherein said potato-based shell is configured to substantially restrict said liquid condiment from flowing out of said outer shell.

28. The food item of Claim 27, wherein said food item is a French fry.

29. The food item of Claim 28, wherein said condiment is ketchup.